

2025 NJ Swimming LC Gold Championship

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS-PF-072425-LCM Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Dates of Meet:	Thursday-Sunday July 24th-27th, 2025		
Location:	<u>Sonny Werblin Recreation Center, Rutgers University</u> <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Janice Rein		janice.rein@rutgers.edu
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Wendy Stellatella Lucas Blach		scarletaquatics@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday July 1st, 2025 <i>(Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	Monday July 14th, 2025 at 6:00pm. Late entries with times achieved after the entry deadline will be considered if there is space available in the meet.		
Swimmer Age	Swimmer ages for this meet are as of: July 24 th , 2025		
Entry Fees:	Individual Entry: \$15.00		Relay Event Entry: \$25.00
	There will be an athlete surcharge of \$15.		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted		
Meet Format:	- This meet will be run as a prelims/finals meet for 13 & over swimmers except for distance events and as a timed final meet for 12 & Under. - There will be 10 & Under, 11-12, 13-14, 15 & over, 13 & over, and Open events. The 13 & over events will be divided into 13-14, and 15 & over divisions for reporting and scoring. - There will be one heat for 13-14 and two heats for 15 & over swimmers in the prelims/finals events. There are minimum “faster than” time standards for this meet. This is a New Jersey Swimming Championship and proof of time is required for all individual entries. - This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.		
Entry Limits:	Daily: 3 Individual Events 2 Relay Events.	Meet:	8 Individual Events 5 Relay Events
Checks Payable To:	Scarlet Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		
No Show Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.		

Age-Up Exception applies to this meet

- Any 10-year old, or 12-year old swimmer who has one or more Gold times prior to the Silver meet on July 12th, and then ages up between July 13th and July 24th, 2025, and any 14-year old swimmer who has one or more Gold times prior to the Silver meet on July 11th, and then ages up between July 13th and July 24th, 2025 is eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below:

How to enter:

- Enter the swimmer at the qualifying time for the event.
- Provide proof of the original qualifying time, as a separate PDF, or reference to SWIMS results.
- Please note in the entry e-mail that this swim is an age-up exception.

Tentative Meet Schedule

This schedule is tentative pending receipt of entries.

Depending on the entries, sessions may be combined or split.

The complete schedule with session warm-up and start times will be established when all entries have been received and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.

Thursday		
Session 1A	Evening	13 & Over 1500 Freestyle
Session 1B	Evening	11-12 1500 Freestyle
Friday		
Session 2	Morning	13 & Over Prelims
Session 3A	Midday	11-12 Timed Finals
Session 3B	Afternoon	10 & Under Timed Finals
Session 4	Evening	13 & Over Finals
Saturday		
Session 5	Morning	13 & Over Prelims
Session 6	Midday	15 & Over 800 Freestyle
Session 7A	Afternoon	10 & Under Timed Finals
Session 7B	Late Afternoon	11-12 Timed Finals
Session 8	Evening	13 & Over Finals
Sunday		
Session 9	Morning	13 & Over Prelims
Session 10	Midday	13-14 800 Freestyle
Session 11A	Afternoon	11-12 Timed Finals
Session 11B	Late Afternoon	10 & Under Timed Finals
Session 11	Evening	Finals

Scoring:	- Team scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. - In 13-14 prelims/finals events, scores for places 9-16 will be based on prelims results. - Swimmers 20 years and older will swim “exhibition” – they will swim in prelims only. - Relays with 20 years and older swimmers participating will not score.
Awards:	- Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. - Medals will be awarded to 1st through 3rd place in each relay event.
Starts:	‘Fly-over/Over-the-top’ starts will be used during this meet.
Admissions:	- Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Tickets will go on sale the Tuesday before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. All volunteer timers will be required to purchase tickets. - Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	Rutgers will be selling a limited number of packaged concessions.
Vendor:	None.
Internet Website Posting:	Internet location for all meet information: http://www.besmarttinc.com
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.
Scratch Rule:	- The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. - A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Ties in prelims events rule:	Any ties occurring during prelims that affect the heat in which a swimmer will compete at finals and/or their status as first or second alternate will be resolved in a manner that the referee, swimmers and coaches agree on during or immediately following prelims in accord with USA Swimming rule 105.5.2.

Special Considerations for NJ Swimming Championships

Entry Times:	• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • All entry times must be in long course meters. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. • All entry times must be proved upon meet entry. See "Proof of Times Reporting" below. • All entry times must be achieved during the meet qualifying period of April 1st, 2024 through the entry date of the meet.
Proof of Time Reporting:	• All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. • Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS and Swimcloud.com are acceptable.
Distance Events	• All distance events will be seeded fast to slow and swum alternating genders. Heats of opposite genders may be combined without an empty lane between genders. • Swimmers are responsible for providing their own timers and counters for distance events.
Relays:	• All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. • A relay with a 20 year or older swimmer will not score. • Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	• This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.

Event List

#	Event	Equal/ Faster
Session: 1A Thursday 13 & Over 1500 Freestyle		
1	Women 13 & Over 1500 Freestyle	
	13-14	19:48.09
	15 & Over	19:29.59
2	Men 13 & Over 1500 Freestyle	
	13-14	18:58.99
	15 & Over	18:11.69

#	Event	Equal/ Faster
Session: 1B Thursday 11-12 1500 Freestyle		
3	Girls 11-12 1500 Freestyle	22:04.99
4	Boys 11-12 1500 Freestyle	21:37.39

#	Event	Equal/ Faster
Session: 2 Friday Prelims		
21	Women 13 & Over 200 Freestyle	
	13-14	2:23.19
	15 & Over	2:17.99
22	Men 13 & Over 200 Freestyle	
	13-14	2:14.49
	15 & Over	2:04.79
23	Women 13 & Over 100 Breaststroke	
	13-14	1:28.39
	15 & Over	1:26.19
24	Men 13 & Over 100 Breaststroke	
	13-14	1:22.29
	15 & Over	1:14.69
25	Women 13 & Over 100 Butterfly	
	13-14	1:17.99
	15 & Over	1:11.89
26	Men 13 & Over 100 Butterfly	
	13-14	1:11.49
	15 & Over	1:03.29
27	Women 13 & Over 100 Backstroke	
	13-14	1:16.29
	15 & Over	1:13.09
28	Men 13 & Over 100 Backstroke	
	13-14	1:12.19
	15 & Over	1:06.39
29	Women 13 & Over 400 Freestyle	
	13-14	5:01.29
	15 & Over	4:54.49
30	Men 13 & Over 400 Freestyle	
	13-14	4:46.69
	15 & Over	4:27.69

#	Event	Equal/ Faster
Session: 3A Friday 11-12		
5	Girls 11-12 100 Freestyle	1:11.89
6	Boys 11-12 100 Freestyle	1:11.99
7	Girls 11-12 50 Breaststroke	45.59
8	Boys 11-12 50 Breaststroke	45.19
9	Girls 11-12 100 Butterfly	1:28.39
10	Boys 11-12 100 Butterfly	1:26.29
11	Girls 11-12 200 Backstroke	2:55.29
12	Boys 11-12 200 Backstroke	2:50.99

#	Event	Equal/ Faster
Session: 3B Friday 10 & Under		
13	Girls 10 & Under 100 Freestyle	1:27.09
14	Boys 10 & Under 100 Freestyle	1:26.09
15	Girls 10 & Under 50 Breaststroke	53.99
16	Boys 10 & Under 50 Breaststroke	53.29
17	Girls 10 & Under 100 Butterfly	1:52.99
18	Boys 10 & Under 100 Butterfly	1:50.79

#	Event
Session: 4 Friday Finals	
19	Women 200 Medley Relay
20	Men 200 Medley Relay
<i>Finals of Events 21-30, one 13-14 heat, two 15 & Over Heats</i>	
31	Women 400 Freestyle Relay
32	Men 400 Freestyle Relay

#	Event	Equal/ Faster
Session: 5 Saturday Prelims		
57	Women 13 & Over 200 Butterfly	
	13-14	2:38.59
	15 & Over	2:33.89
58	Men 13 & Over 200 Butterfly	
	13-14	2:28.59
	15 & Over	2:21.49
59	Women 13 & Over 50 Freestyle	
	13-14	30.89
	15 & Over	30.19
60	Men 13 & Over 50 Freestyle	
	13-14	28.69
	15 & Over	26.49
61	Women 13 & Over 200 Breaststroke	
	13-14	3:00.49
	15 & Over	2:57.39
62	Men 13 & Over 200 Breaststroke	
	13-14	2:48.79
	15 & Over	2:40.49
63	Women 13 & Over 400 IM	
	13-14	5:41.29
	15 & Over	5:35.09
64	Men 13 & Over 400 IM	
	13-14	5:22.59
	15 & Over	5:07.29

#	Event	Equal/ Faster
Session: 6 Saturday Distance		
33	Women 15 & Over 800 Freestyle	10:08.99
34	Men 15 & Over 800 Freestyle	9:33.29

#	Event	Equal/ Faster
Session: 7A Saturday 10 & Under		
35	Girls 10 & Under 200 Medley Relay	
36	Boys 10 & Under 200 Medley Relay	
37	Girls 10 & Under 100 Backstroke	1:39.49
38	Boys 10 & Under 100 Backstroke	1:38.39
39	Girls 10 & Under 50 Butterfly	47.09
40	Boys 10 & Under 50 Butterfly	45.99
41	Girls 10 & Under 200 Freestyle	2:56.29
42	Boys 10 & Under 200 Freestyle	2:50.79

#	Event	Equal/ Faster
Session: 7B Saturday 11-12		
43	Girls 11-12 200 Medley Relay	
44	Boys 11-12 200 Medley Relay	
45	Girls 11-12 400 IM	6:16.89
46	Boys 11-12 400 IM	6:08.49
47	Girls 11-12 200 Freestyle	2:34.89
48	Boys 11-12 200 Freestyle	2:32.19
49	Girls 11-12 100 Backstroke	1:23.79
50	Boys 11-12 100 Backstroke	1:23.99
51	Girls 11-12 50 Butterfly	37.39
52	Boys 11-12 50 Butterfly	37.79
53	Girls 11-12 200 Breaststroke	3:19.39
54	Boys 11-12 200 Breaststroke	3:12.59
55	Girls 11-12 800 Freestyle	11:29.29
56	Boys 11-12 800 Freestyle	11:18.59

#	Event
Session: 8 Saturday Finals	
<i>Finals of Events 57-64, one 13-14 heat, two 15 & Over Heats</i>	
65	Women 800 Freestyle Relay
66	Men 800 Freestyle Relay

#	Event	Equal/ Faster
Session: 9 Sunday Prelims		
97	Women 13 & Over 200 Backstroke	
	13-14	2:38.09
	15 & Over	2:34.39
98	Men 13 & Over 200 Backstroke	
	13-14	2:29.59
	15 & Over	2:22.69
99	Women 13 & Over 100 Freestyle	
	13-14	1:06.99
	15 & Over	1:04.29
100	Men 13 & Over 100 Freestyle	
	13-14	1:01.89
	15 & Over	57.09
101	Women 13 & Over 200 IM	
	13-14	2:40.79
	15 & Over	2:36.29
102	Men 13 & Over 200 IM	
	13-14	2:31.69
	15 & Over	2:21.59

#	Event	Equal/ Faster
Session: 10 Sunday Distance		
67	Girls 13-14 800 Freestyle	10:20.99
68	Boys 13-14 800 Freestyle	9:56.29

#	Event	Equal/ Faster
Session: 11A Sunday 11-12		
69	Girls 11-12 200 Freestyle Relay	
70	Boys 11-12 200 Freestyle Relay	
71	Girls 11-12 200 Butterfly	2:55.59
72	Boys 11-12 200 Butterfly	2:51.89
73	Girls 11-12 100 Breaststroke	1:36.99
74	Boys 11-12 100 Breaststroke	1:37.79
75	Girls 11-12 50 Freestyle	32.99
76	Boys 11-12 50 Freestyle	32.79
77	Girls 11-12 200 IM	2:55.29
78	Boys 11-12 200 IM	2:53.19
79	Girls 11-12 50 Backstroke	39.69
80	Boys 11-12 50 Backstroke	39.69
81	Girls 11-12 400 Freestyle	5:29.09
82	Boys 11-12 400 Freestyle	5:21.89

#	Event	Equal/ Faster
Session: 11B Sunday 10 & Under		
83	Girls 10 & Under 200 Freestyle Relay	
84	Boys 10 & Under 200 Freestyle Relay	
85	Girls 10 & Under 100 Breaststroke	1:55.79
86	Boys 10 & Under 100 Breaststroke	1:55.99
87	Girls 10 & Under 50 Freestyle	39.59
88	Boys 10 & Under 50 Freestyle	38.59
89	Girls 10 & Under 200 IM	3:17.09
90	Boys 10 & Under 200 IM	3:15.39
91	Girls 10 & Under 50 Backstroke	47.19
92	Boys 10 & Under 50 Backstroke	46.19
93	Girls 10 & Under 400 Freestyle	6:05.39
94	Boys 10 & Under 400 Freestyle	5:59.49

#	Event
Session: 12 Sunday Finals	
95	Women 200 Freestyle Relay
96	Men 200 Freestyle Relay
<i>Finals of Events 97-102, one 13-14 heat, two 15 & Over Heats</i>	
103	Women 400 Medley Relay
104	Men 400 Medley Relay

NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	• If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Spectator Considerations:	• As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
Entry Info:	• There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	• Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
Swimmer Eligibility:	• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	• All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.

Adaptive Provisions:	USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).
Host Club Responsibilities:	• The host club will help provide timers for the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.
Participating Club Responsibilities:	• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible.
Coaches Conduct & Eligibility:	• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership credential or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your credentials. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session to receive credit for the session in OTS.
Meet Format Waiver:	• This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.

Warm-up Procedures:	• Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials and Safety Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Results:	• Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming Rules. • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.